

Children's Mental Health Matters Month

Awareness Week: 5 - 11, May 2019



Dear Parent,

Your child's school has partnered with the Howard County Office of Children and Families to participate in the 2019 Children's Mental Health Awareness month campaign. **Mental health is a person's overall emotional, behavioral and psychological well-being. It impacts how we think, feel and act, including how a child: feels about himself/herself, relates to other children and adults and handles change, stress and other life situations.**

Your child's program will do five days of short activities. Each day, you will receive a parent email that will highlight the information and provide complementary activities and resources to do at home along with a short video from a leading educational program. View the resources and consider looking at additional information that these agencies provide. Mental health is as important as physical health and you will learn ways to help your child, as early as the first five years, in their lifelong journey towards mental wellness.

To help you to learn more, **The Family Institute** offers multiple parent workshops available on the workshop calendar. Visit www.howardcountymd.gov/familyinstitute to register.

- **Resilience Film** Screening & discussion (5/22)
- **Behavior Basics or Discipline & Communication** (Either is **Free** with code: **CHILDMH19**)
- **ReadyRosie**: Free educational videos that show activity/ game that is modeled so you and your child can watch together and then play. Learn more and register at www.howardcountymd.gov/readyyrosie

Thank you for your participation in this free opportunity to develop mental health understanding with your family, learn life skills and connect with your child and your child's school. Your child will thank you! For additional questions, call the **CARE line** for free Information and referral at **410-313-CARE (2273)**



High Low Buffalo

High Low Buffalo is a simple and fun game to play with children that builds connection and encourages positive social/emotional skills. It is a great game to play on the way home from school.



Here's how to play...

Ask your child what the high of their day was.

The high is the best part of their day/what made them feel happy or excited. Then spend some time talking about this.

Ask your child what the low of their day was.

The low is the hardest part of their day/what made them feel sad, angry or frustrated? Then spend some time talking about this.

Ask your child to share "Buffalo"

Buffalo is just a silly way to ask your child to share anything else they want about their day.

Look for the Buffalo as your leave school today!